

Weekly Menu Planner & Checklist



The new Child and Adult Care Food Program (CACFP) meal patterns are in effect starting October 1, 2017.

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST For each breakfast, choose one food from each of the following food groups:					
Vegetables/Fruits	1.	1.	1.	1.	1.
Grains/Breads OR Meat/Meat Alternates	2.	2.	2.	2.	2.
Milk	3.	3.	3.	3.	3.
Note: Meat/ Meat Alternates can only be claimed at breakfast up to three times per week.					
LUNCH/DINNER For each lunch or dinner, choose one food from each of the following food groups:					
Meat/Meat Alternates	1.	1.	1.	1.	1.
Grains/Breads	2.	2.	2.	2.	2.
Vegetables/Fruits	3.	3.	3.	3.	3.
Vegetables	4.	4.	4.	4.	4.
Milk	5.	5.	5.	5.	5.
Note: At least one vegetable must be claimed at lunch/dinner.					
SNACK For each snack, choose one food from two of the following food groups:					
Meat/Meat Alternates	1.	1.	1.	1.	1.
Grains/Breads	2.	2.	2.	2.	2.
Vegetables	1.	1.	1.	1.	1.
Fruits	2.	2.	2.	2.	2.
Milk					
Fun Fact: The entire snack can be composed of fruits and vegetables!					

Infant Menu Checklist



Child Menu Checklist



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<input type="checkbox"/>	Serve all of the requirement components.	<input type="checkbox"/>	Serve all of the requirement components.
<input type="checkbox"/>	Claim only breastmilk or infant formula before 6 months.	<input type="checkbox"/>	Claim at least one vegetable at lunch and dinner.
<input type="checkbox"/>	Begin introducing solid foods around 6 months.	<input type="checkbox"/>	Claim juice no more than once per day.
<input type="checkbox"/>	Claim a fruit, vegetable, or both at infant snack (6-11 months) as developmentally appropriate.	<input type="checkbox"/>	Claim at least one whole grain-rich food every day.
<input type="checkbox"/>	Avoid claiming juice for infants.	<input type="checkbox"/>	Avoid claiming grain-based desserts.
<input type="checkbox"/>	Avoid claiming cheese food or cheese spread.	<input type="checkbox"/>	Claim only low-sugar cereals (21.1 g per 100 g cereal or less).
<input type="checkbox"/>	Avoid claiming grain-based desserts.	<input type="checkbox"/>	Claim only low-sugar yogurt (23 g per 6 oz yogurt or less).
<input type="checkbox"/>	Claim only low-sugar cereals (21.1 g per 100 g cereal or less).	<input type="checkbox"/>	Claim only unflavored milk for children under 6 years old.
<input type="checkbox"/>	Claim only low-sugar yogurt (23 g per 6 oz yogurt or less).	<input type="checkbox"/>	Avoid claiming foods deep fried on-site.
<input type="checkbox"/>	Claim no more than one component provided by parents.	<input type="checkbox"/>	Claim no more than one component provided by parents.

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